

Local information

Volunteers needed

The Hispanic Heritage Club is looking for volunteer singers, dancers, poets, etc. to perform during Hispanic Heritage Month. For more information or to volunteer, call Staff Sgt. Jose Lacayo at **895-4990**.

Talent show

The community center is hosting an active-duty family and teen talent show today at 6 p.m. Competition categories are: adults (18 and older), parent and youth, husband and wife, children (3-5 and 6-8), preteen (9-12), teen (13-15 and 16-18) and family teams. Active-duty members who perform in the adult category may be recorded and the tape may be sent to Tops In Blue for an opportunity to perform with Tops In Blue. For more information, call the community center at **895-2252**.

Volunteers needed

Sumter Habitat for Humanity is looking for volunteers to help build three houses Saturday and Monday through Sept. 24 from 8 a.m. to 4 p.m. for local families in need. For more information, e-mail Tech. Sgt. Richard Hood at **richard.hood@shaw.af.mil**.

Anthology volunteers needed

The Shaw library's writers group is looking for volunteer committee members for an anthology project. The group meets Mondays from 6 to 7 p.m. in September, October and November in the base library conference room. For more information, call Staff Sgt. James Henke at **895-9236**.

Spouses club craft fair

The Shaw Enlisted Spouses Club is hosting a craft fair Sept. 24 from 9 a.m. to 4 p.m. at the community center. For more information, call Tammi Biggs at **499-2090**.

Gospel music concert

The Chapel's Inspirational Gospel Service "Good News Choir" is conducting a workshop rehearsal Sept. 27-30 at 6 p.m. each night at the Friendship Chapel. The concert is Oct. 1 at 5 p.m. at the Friendship Chapel. For more information, call Anthony Boulware at **565-1146** or Donald Eady at **775-7569**.

Tutoring service

The Shaw library offers free tutoring services for all age groups covering all subject areas. For more information, call the library at **895-9810**.

ASIST workshop

An Applied Suicide Intervention Skills Training workshop is Oct. 11-12 from 8 a.m. to 4:30 p.m. at the Palmetto Chapel. For more information or to sign up, call the chapel at **895-1106**.

Food and entertainment

Sumter at Six is hosting a free concert Oct. 13 at 6 p.m. in the Sumter Brody Pavilion. For more information, call the Swan Lake Visitors Center at **436-2640**.

Air Force OneSource

This resource is available 24 hours a day, seven days a week for information on everyday Air Force issues. For more information, call the Air Force OneSource at **(800) 707-5784** or visit **www.militaryonesource.com**, user ID: **airforce**, password: **ready**.

FSC 895-1252

Separation briefing

A mandatory briefing for members who are separating or retiring is Monday from 1 to 2 p.m. at the family support center. For more information, call the FSC.

Reintegration briefing

Briefings for members returning from deployments outside the continental U.S. are Tuesday and Friday from 10 a.m. to 1 p.m. For more information, call the FSC.

Transition assistance program

A three-day transition assistance program for members and their spouses who are within 180 days of separating or retiring, is Tuesday through Thursday from 8 a.m. to 5 p.m. at the FSC. The program is designed to help people transition into working in the civilian world. Interested persons must attend a pre-separation briefing prior to registering for this workshop. For more information, call the FSC.

Pre-deployment brief

A pre-deployment brief is Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Spouses are encouraged to attend the briefing. For more information, call the FSC.

Investment seminar

The FSC is hosting an investment seminar to educate participants on different investment tools and strategies Thursday from 1 to 3 p.m. at the FSC. For more information or to reserve a seat, call the FSC.

Loan closet

A loan closet at the FSC has necessary household items available on loan to Shaw families. For more information, call the FSC.

Chapel 895-1106

To speak to the duty chaplain after hours, call **895-5850**.

Protestant services:

8 a.m. Sunday, Inspirational Gospel Service, Friendship Chapel
10 a.m. Sunday, Liturgical Service, Friendship Chapel (weekly communion)
11 a.m. Sunday, Shared-Faith Service, Palmetto Chapel
6 p.m. Sunday, Faith Factor, Friendship Chapel
7 p.m. Wednesday, youth group, Youth Center

Catholic services:

4:15-4:45 p.m. Saturday, confession, Palmetto Chapel
5 p.m. Saturday, Mass, Palmetto Chapel
9:30 a.m. Sunday, Mass, Palmetto Chapel
For more information on chaplain service programs, visit **www.shaw.af.mil/20fw/chapel/chapelindex.asp**.
Other faith groups may contact the chapel for information on worship times and locations.

Dining facility 895-9791

Today -- Lunch -- Veal jagerschnitzel, onion-lemon baked fish, beef cordon bleu; Dinner -- Mexican-baked chicken, Swiss steak, stuffed green peppers

Saturday -- Brunch -- Fish almandine, chicken stir-fry, pork chops; Dinner -- Chicken, cajun meatloaf, ribeye steak

Sunday -- Brunch -- Steak, sauerbraten, chicken; Dinner -- Spinach lasagna, tuna and noodles, parmesan chicken

Monday -- Lunch -- Swiss steak, chicken, Italian sausage; Dinner -- Roast turkey,baked ham, fish and fries

Tuesday -- Lunch -- Carribean jerk chicken, yakisoba, fish; Dinner -- Paprika beef, barbecue beef cubes, chicken fajitas

Wednesday -- Lunch -- Fried chicken, barbecue ribs, fried catfish; Dinner -- Pita pizzas, country-style steak, beef stew

Thursday -- Lunch -- Orange-spiced chops, liver and onions, tempura fried fish; Dinner -- Peppered steaks, pasta primavera, baked chicken
(Entree menu from the 20th Services Squadron)

At the movies 895-2199

Movie schedule and start times are subject to change. Members can call the theater for recorded movie information. Admission is \$1 for both adults and children.



Friday at 7 p.m.

Supercross, PG-13 (language, sexuality) -- Two brothers work to overcome obstacles to achieve success in the competitive world of Supercross racing. KC is a cautious rider, but his younger brother Trip takes too many risks. When a career threatening crash ends Trip's Supercross career, he and KC realize that they must put aside their conflicts and work together.

1 hr. 32 mins.



Saturday at 7 p.m.

The Great Raid, R (war, violence, language) -- Set in the Philippines in 1945, "The Great Raid" tells the true story of the 6th Ranger Battalion, who undertake a daring rescue mission against all odds. Traveling 30 miles behind enemy lines, the 6th Ranger Battalion aims to liberate over 500 American prisoners-of-war from the notorious Cabanatuan Japanese prisoner of war camp.

2 hrs. 12 mins.



Photos and information courtesy of AAFES

Sunday at 3 p.m.

The Dukes of Hazzard, PG (sexuality, crude humor, language, violence) - - Bo and Luke Duke try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Their efforts find the Duke boys eluding authorities in "General Lee," their famed orange car that keeps them one step ahead of the antics of the small southern town's Sheriff Coltrane.

1 hr. 25 mins.

Health & Wellness

Are you at risk?

Heart disease No. 1 killer in U.S.

By Capt. Jill Koeven
20th Medical Group clinical nurse

Is your health at risk? Could your lifestyle be considered risky?

"No way, not me," you may be thinking. "I am careful to follow basic personal safety guidelines and traffic laws; I eat regular meals and get plenty of sleep."

We live in a high speed society, dependent on fast food, cars and computers. Most of us eat too much and move too little.

Hyperlipidemia or high blood cholesterol may be a health concern for you and you may not even be aware.

Did you know that heart disease is the No. 1 killer of women and men in the United States? Each year more than one million Americans have heart attacks, and about half a million people die from heart disease. You may be wondering what hyperlipidemia or high blood cholesterol has to do with this. Too much cholesterol (a fat-like substance) in your blood can cause this substance to build up on the walls of your arteries. Over time, this fatty buildup causes narrowing or hardening of the arteries resulting in a decreased blood flow to areas of the heart.

Your heart is dependent on your blood stream for oxygen. Chest pain is a symptom of not enough oxygen reaching the heart as a result of narrowing of the arteries. A heart attack occurs when the blood supply to a portion of the heart is completely blocked. It is important to remember that high blood cholesterol does not cause symptoms, so most people are unaware that their cholesterol is too high until significant arterial narrowing has occurred.

A variety of factors affect cholesterol levels. Some factors you can control and some you cannot. Age, gender and heredity are factors that cannot be changed but do elevate your risk. A family history of early heart disease (heart disease in father or brother before 55; heart disease in mother or sister before 65) is significant for increased risk. As men and woman age, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age.

Knowing what your cholesterol is can be an excellent first step in taking better care of yourself. The 20th Medical Group will be offering free cholesterol screenings for patients enrolled to the Shaw family practice clinic Sept. 23 from 8 to 10 a.m. in the entry area of the main building. The health and wellness center will provide samples and recipes of healthy breakfast items. The Tuomey Community Health Department will offer total cholesterol, blood sugar and blood pressure screenings Sept. 27 from 8 to 11 a.m. in the entry area of the Shaw clinic. It is important to fast for 8 - 10 hours prior to having your cholesterol checked.

For more information, contact the clinic at 895-2273.



Photo by Staff Sgt. Kerri Whitehead

Fun run

The 20th Logistics Readiness Squadron runs in formation Sept. 9 during a 20th Fighter Wing's fun run. More than 200 Airmen participated in the run.

Viper Challenge 2005

20th Services Squadron's sports day events for Sept. 27:

- 5K race, sports complex
- One pitch softball, sports complex
- One pitch kick-ball, sports complex
- Horseshoes, sports complex
- Golf, Carolina Lakes Golf Course
- Three-on-three basketball, fitness and sports center
- Racquetball doubles, fitness and sports center
- Nine-pin no-tap, Shaw Lanes bowling center
- Beach volleyball, Dormitory 406
- Billiards, community center
- Table tennis, community center
- 100-meter dash, fitness and sports center's track
- One-mile run, fitness and sports center's track
- Tug-of-war, football/soccer field
- Chiefs vs. Eagles, sports complex
- Trophy presentation and block party, Carolina Skies

For more information, contact the fitness center at 895-2789.



Healthy cooking demonstration

There will be a free healthy cooking demonstration Wednesday at 11:30 a.m. at the health and wellness center.

The items prepared will be a tuna rice casserole and peach mousse

Seats are limited. To reserve a spot, contact the HAWC at 895-1216.

Deer hunts at Poinsett

The 2005 deer season opens Oct. 1. All hunting is conducted on Poinsett

Electronic Combat Range, south of Wedgefield, S.C. Bucks and does may be taken on each hunt unless instructed otherwise, and number and antler restrictions may apply.

To be eligible to participate, all hunters must possess a valid South Carolina hunting license including a big game permit.

Persons under 16 may hunt with an adult for no additional charge if accom-

panied by a permitted adult.

The legal weapon for this season is rifle only of now less than .243 caliber.

The permit fee for each hunt is \$10 per person. All participants are required to wear a blaze orange hat or vest while hunting.

Reservations must be made on the Monday prior to a hunt. For more information, call the hunt reservation line at 895-9996.